



bit spicy

Peri Peri rice

Peri Peri rice is so versatile and a wonderful accompaniment for a barbeque or any grilled meat or fish, and salad.

In fact it is lovely stirred into a salad and can be eaten warm or cold. You can also jazz it up with shredded chicken, prawn, sweetcorn, olives or anything else you fancy! Use basmati or any long-grain rice.

Serves 4-6 as a main meal or side dish

INGREDIENTS

- 1 tbsp [peri peri](#) blend
- 200g rice, cooked (this is the raw weight)
- 2 tbsp vegetable or olive oil
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 1 bell pepper, finely chopped (or 2 halves of different colours)

RECIPE

1. Heat the oil in a large pan and gently fry the onion and peppers until soft.
2. Add the garlic and peri peri and stir for a couple of minutes.
3. Add the rice and stir through until hot.
4. Add any other ingredients or serve plain (see above).